

**Zucker Hillside Hospital:
Opening an
Inpatient Perinatal
Psychiatry Unit –
Lessons Learned**

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June, 2016

 Zucker Hillside Hospital
Northwell Health

Objectives

1. Describe the staff selection and training process
2. Identify specific equipment and programming needs for this vulnerable population
3. Discuss the impact of this program to the therapeutic milieu on the unit

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**The Zucker Hillside Hospital
Behavioral Health Pavilion**



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John Kotter's Theory of Change

Our Iceberg Is Melting

8 Step Process

SET THE STAGE

1. Create a sense of urgency
2. Pull together the Guiding Team



Perinatal Unit Steering Committee

Mary Afferbach, LCSW
Jerry Chang, MD
Michael Dwyer
Kalli Feldman, PhD
Brian Keefe, MD
Tiffany Kiss, LCSW
Kristy Loewenstein, MSN, RN-BC, PMHNP-BC
Anita Mancini, LCSW
Kevin Ray, MD
Deborah Ruschmann, MS, RN, PMHCNS-BC
Lisa Testa, PhD
Amanda Tinkelman, MD
Tina Walch, MD
Pauline Walfisch, LCSW
Callen Williamson



ZHH Offers Perinatal Psychiatry- Inpatient Services!

DECIDE WHAT TO DO

3. Develop the Change Vision and Strategy

- While nearly 80% of all new moms experience a mild form of depression and anxiety, commonly referred to as "The Baby Blues," up to 20% of new moms develop a postpartum depression and 3-5% of new moms develop significant anxiety or obsessive symptoms.
- Sometimes the severity of these symptoms would benefit from inpatient treatment for rapid stabilization.
- As you may have heard in our newest commercial, Northwell Health will welcome 42,000 babies in 2016.
- Statistically speaking that means more than 8000 of those mothers will develop a Perinatal mood and anxiety disorder.
- Starting on February 29, 2016 ZHH will expand its Perinatal Psychiatry services and offer inpatient treatment on 2 West, the Women's Unit, that may benefit a wide range of new or expectant mothers.



MAKE IT HAPPEN

4. Communicate for Understanding and Buy-In

- The nurses on 2 West prepared for the opening of the designated perinatal beds in a variety of ways.
- The OB educator at Katz Women's Hospital provided several self learning modules for the nurses to prepare to care for ante-partum and post-partum patients.
- The nurses then spent (2) 12 hour shifts at Katz Women's Hospital, shadowing the OB nurses and learning how to care for patients immediately prior to and after giving birth.
- The nurses attended a 1 hour educational session on breastfeeding, facilitated by our ambulatory perinatal psychiatry group at ZHH.
- 112 multi-disciplinary team members attended a full day of Perinatal Psychiatry training, conducted at ZHH and facilitated by Lisa Testa, PhD, Amanda Tinkelman, MD and Lauren Devins, NPP.
- The course covered an overview of perinatal mood and anxiety disorders, including the effects of untreated maternal mental health on both the mother and the child, management of agitation, and psychopharmacology as it relates to this specific population.



MAKE IT HAPPEN

4. Communicate for Understanding and Buy-In

- The new clinical programming on 2 West will include a unique therapeutic healing environment and evidence based therapy and psychopharmacology.
- Specialized services will include breastfeeding support, protected sleep times for new mothers, and a focus on bonding and attachment with the baby.
- Families and babies will be supported with flexible visiting arrangements which will include a private visiting room and web based visiting.
- This unit will be the 1st in the tri-state area and only the 3rd specialized program in the United States.
- On 1/26/2016 the US Preventative Services Task force released a statement encouraging the screening for depression in all adults and specifically referenced pregnant and postpartum women.
- Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.
- We believe that with the addition of the inpatient program, the Perinatal Psychiatry Service at The Zucker Hillside Hospital is well positioned to do just that!



Interdisciplinary Panel Interview

Perinatal Interviews
Scoring - Responses on a 4 scale (1 weakest response to 4 strongest response)

Candidate: _____ Date: _____

Question	1	2	3	4	Comments
What is your typical way of dealing with conflict? Give an example.					
Tell me about a recent situation in which you had to care for a pregnant or post-partum patient. Were there any specific issues that you had to help the patient manage? Be specific.					
Give a specific example of a time when you had to conform to a policy with which you did not agree.					
Give an example of a time when you had to care for a patient whose illness or injury/trauma made you uncomfortable. How did you manage?					
Describe a time where you successfully de-escalated an upset or agitated pregnant patient. What techniques did you use that were effective?					
How would you address a pregnant patient about medication? How would you address questions about safety during pregnancy and lactation?					
Tell me about a time you were asked a question that you did not know the answer to and how you handled it.					
Tell me about a time you were asked about your personal life by a patient, family and how you handled it.					
Tell me some ways in which you can positively impact a family when the stress has put patient, depression or psychosis.					

Reviewer: _____



5. Empower Others to Act

Remove as many barriers as possible

- Infection Control
- Security
- Engineering
- OMH
- Food and Nutrition



6. Produce Short-Term Wins



Engage all levels of staff



7. Don't Let Up



MAKE IT STICK
8. Create a New Culture



The Comfort Room



Murals



Architect: [unreadable]
Photographer: [unreadable]

Hallway



Architect: [unreadable]
Photographer: [unreadable]

The Dining Room



Architect: [unreadable]
Photographer: [unreadable]

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Kenny, M., Conroy, S., Pariante, C., Seneviratne, G., Pawlby, S. Mother infant interaction in mother and baby unit patients: Before and after treatment. *Journal of Psychiatric Research* 47 (2013) 1192e1198

Meltzer-Brody, S., Brandon, A., Pearson, B., Burns, L. Raines, C., Bullard, E., Rubinow, D. Evaluating the clinical effectiveness of a specialized perinatal psychiatry inpatient unit. *Arch Womens Ment Health* (2014) 17:107–113. DOI 10.1007/s00737-013-0390-7



Month Day, Year

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THANK YOU!



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